

Opening Hours

Monday, Tuesday, &
Wednesday

9.30am—2.30

(Subject to change)

bendocpa@bigpond.com

02 6458 1402

www.bendoc.org.au

News from the Neighbourhood House

That time of the month again and with the weather getting colder and the days shorter, please take care on the roads.

I am disheartened by rumours currently circulating as to my position as Acting Co-Ordinator at Bendoc's Neighbourhood House. With our President currently in hospital following knee surgery, our Committee has been unable to select an interview team, so with the aid of Department of Human Services Executives and a member of the East Gippsland Network of Neighbourhood Houses, we are currently taking steps to resolve this issue. More information to follow in the July edition of the Bendoc Wheel. I stepped in to keep our centre running in the mean time. Further details on page three.

Not much more to report other than our First Aid Course on the 3rd. More information on how this event went will be included in the July edition.

Two articles this month from the Delegate Pony Club.

Have had a few calls from Farmers seeking clarification on deer Hunting or Culling. After speaking with DEWLP enquiry officers by phone they have sent us two forms 'Control of deer on private property' and 'Permission to destroy deer on private property' both will be available at our centre or online at www.bendoc.org.au where there is a link to the DEWLP documents.

Future planned events for those of you who are into craft. We are planning three or four events hosted by the Tree of Life Bombala. More information will be available at the centre and in the July edition of the Bendoc Wheel.

CFA News

from CFA meeting held 29th April 2017.

Recently members of the Bendoc CFA were awarded certificates for their service. All certificates were presented to members by Daryll Hunter District 11 Operations Manager. CFA Bendoc would like to thank all our volunteers for their time and a big thank you to those who have taken on positions old and new. Without these wonderful volunteers we would not have a brigade. If anyone wishes to join CFA Bendoc please call Melissa Kidd 0411 612 027 CFA Bendoc Secretary.

Photographs of event on page 2.

Visit to Centre from former Bendoc School Teacher's daughter.

Mrs Helen Langley (nee Durand), her husband Michael and friend Lainie Harris of Bateman's Bay visited Bendoc on Wednesday 17th May. Helen is the daughter of the Bendoc School Teacher from 1951-52 Mr Norman Durand. They had an enjoyable cuppa and chat whilst reviewing old photographs and clippings. Nola Sanajko then took them on a walk around the township, visiting the Union Church, school site, Memorial Hall and finally the Commercial Hotel. A good time was had by all.

DEWLP
New Office Hours
from 1st May to 30th
Nov 2017
see community Info
on page 6

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- Large 90hp Compact Track Loader. Tracks ensure minimal ground disturbance.
- 900 mm Trencher ideal for pipe / cable laying
- 6 ft slasher for paddock, scrub & advanced regrowth clearing with tree pusher, ideal for fence line maintenance
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- Experienced operator
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- Experienced in Rural fence design & construction



Call Mark on 0264 580 225

CFA Certificate Photographs from April Meeting



- 3370 - Denise Nichol, 5 years of service certificate
 - 3373 - Jim Stevenson, minimum skills accreditation
 - 3380 - Theo Hartmeier, 20 years of service medal
 - 3381 - David Nichol (DJ), 45 years of service medal
 - 3382 - Eddie Sellers, 45 years of service medal
 - 3384 - Doug Cameron, 45 years of service medal
- Information Courtesy of Melissa Kidd..

Mother's Day Delegate Pony Club

Sunday 14th had the mums busy! 5 Delegate Pony Club riders represented the club at the Zone 18 Sporting Championships held in Adaminaby. Competing in 9 sporting events, one rider class and one jumping class. All the riders rode well and all come home with placings. Rochelle Voveris and Indi White both received medals for encouragement in jumping and Aspen Cameron coming home with Age Champion, Zone 18 Age Sporting Champion and encouragement award. A big thank you to Adaminaby Pony Club for running such a great program.

Also on Mother's Day was a Mounted Games rally for DPC members. Rachel & Rowena Butterworth ran through mounted games activities getting horse and rider used to the different rules and team work involved with competing in mounted games. Some of these games are odd sock race, rope race, balloon popping game, flag race, stepping stones game and hurdles game. Mounted games are a great team building exercise and DPC riders aim to represent the club in the near future. A massive thank you to Rachel and Rowena for dedicating their time towards this.

Glass slumping classes at the old delegate hospital with Sharon Buckman.

Course dates 22nd July, 23rd Sept, and 18th November.

If interested please ring Sharon on 02 64588333

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**Contact: Steve on 02 64580303 or
0407190258 (Mobile does not work at home)**

Or email: stephenscroope@bigpond.com

Re Bendoc Neighbourhood House Co-Ordinator Position.

Contrary to certain rumours, Mr Chris Bayliss has stepped into the position as Acting Co-Ordinator until a meeting between the Committee of Management of the Bendoc Progress Association Inc., Department of Human Services Executives and East Gippsland Network of Neighbourhood Houses Co-Ordinator to be held in early June. Following this meeting, the position will be formally advertised for any one wishing to apply for this position. This naturally hinges on this outcomes of the upcoming meeting.

For and on behalf of Nola Sanajko Vice President Bendoc Progress Association Inc.

Recipe of the Month:

Gluten Free Upside down Pineapple Cake

Ingredients

1/4 C butter, melted
1/2 C light brown sugar, packed
7 slices canned pineapple, drained
- SAVE THE JUICE FOR THE CAKE!
18-20 maraschino cherries
1 and 2/3 C *gluten free all-purpose flour*
1 tsp xanthan gum
1/2 tsp baking powder
1/4 tsp baking soda
1/2 tsp fine sea salt
1/2 C butter, melted
3/4 C light brown sugar, packed
1/4 C granulated sugar
1 egg, room temperature
1/4 C vanilla yogurt, room temperature
1/2 C milk, room temperature
1/4 C pineapple juice (reserved from the canned pineapple)
1 Tbsp *pure vanilla extract*

Instructions

Preheat oven to 350 degrees.

Add 1/4 cup melted butter to a 9 inch pie plate and spread the butter around the bottom of the pie plate. Sprinkle 1/2 cup brown sugar over the melted butter. Arrange the pineapple slices on the bottom of the pie plate and place the cherries in the open spaces between slices and inside the holes.

In a medium bowl, sift and whisk together the flour, xanthan gum, baking powder, baking soda and salt.

In a large bowl, whisk together 1/2 cup melted butter, 3/4 cup brown sugar and granulated sugar breaking up the clumps in the sugar. Whisk in the egg, yogurt, milk, pineapple juice and vanilla and mix well. Stir in the dry ingredients until fully incorporated.

Pour the batter over the pineapple slices and bake at 350 degrees for 45-65 minutes* or until a toothpick comes out clean. Cover the cake with aluminum foil if the cake starts to get too brown.

Cool cake in the pan for 15-20 minutes before inverting onto a cake plate. Serve warm or room temperature.

by Sharon

Recipe Notes

Recipe adapted from *Sally's Baking Addiction*.

*Cooking time may vary depending on oven temps and how much liquid comes off your pineapple and cherries. Try to dry the pineapple and cherries before adding to the pie plate to avoid excess moisture. My cake took a full 65 minutes to bake completely through.



From What the Fork food blog.

Cartoon chef from clip art



Delegate Pony Club News

Delegate Pony Club May rally held Sunday 7th May.

17 riders attended the very cold windy day. 4 new sign ups on the day.

Riders split into age and riding ability groups. Groups ran through flat work, stockman's challenge, jumping, sporting inc flags, western bending and bending all sporting timed to give riders in indication of improvements.

Next Rally date Sunday 4th June 2017. Please see our Delegate Pony Club Community Page on Facebook for information.



Emilie Vincent on Missy top left



Jessi Kidd on Rosie Top right



Jasmine and Spud undertake the flag race. Bottom Left



Bottom Right The Delegate Pony Club

BIRTHDAYS!

Celebrating their birthdays this month are..

Margaret Weir

Maribel Cameron

Michael Brandenburg

Wishing you all the best on your special day.





The Delegate Multi Purpose Service

Bendoc Progress
Association

Wellness Clinic – Delegate MPS

This is a clinic where people come in for procedures or assessments by nursing staff.

This includes:

Wound care

Blood pressure readings

Blood sugar readings

Non-urgent ECG update hours!

Suture or clip removal

Other procedures that do not require a Doctor.

Wellness Clinic is held on the following days and times

Monday-Tuesday-Thursday & Friday

1.00pm—2.00pm

No appointment necessary. Closed Public Holidays.

The Delegate MPS will still be open as per usual, so if you have a health concern please come over and be assessed by the nursing staff.

Bendoc
Neighbourhood
House



www.bendoc.org.au

Community Information Board

MOBILE LIBRARY The Mobile Library visits Bendoc as per calendar (once a fortnight) from 9.00am—10.00am. You are also able to sign up as a member (membership is free), borrow and return books here at the Resource Centre. Here at the Centre we have a broad range of books that are rotated regularly for your enjoyment!

BENDOC BUS SERVICE Merimbula Day Trip—once a month on a Friday. Please phone Claire 6458 1433,

Nola 6458 3285 or Chris on 6458 1402 to book your seat.

Free internet is still available at the Bendoc Neighbourhood House, along with fax and photocopying services. Just drop in during opening hours

Bendoc Resource Centre and
Neighbourhood House
Cnr Dowling & Jamieson Sts
BENDOC VIC 3888

Phone: 02 6458 1402

Fax: 02 6458 1402

E-mail: bendocpa@bigpond.com

DELWP new office hours from 1st May 2017 till 30th November 2017.

Monday-0900 till 1530

Wednesday - Closed

Friday - 0900 till 1500

Tuesday - 0900 till 1500

Thursday - 0900 till 1500

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